

Scenario 3:

Taylor - Fear of Missing Out: Will Alcohol Help?

It's Friday night and Taylor is bored and at home alone. As they were scrolling through their favorite social media, they noticed that their best friends posted a story showing them together at a sleepover. Taylor felt crushed. They were not invited and were not even aware of the sleepover. Taylor is feeling left out and very disappointed. They remember how their moms sometimes have a drink after a stressful day at work. Taylor knows that there is a bottle of vodka in the cupboard and wonders if taking a few sips will help them feel better. What would you do if you were Taylor?

What is Taylor's stressor?

How could Taylor FACE this situation?



Feel

1. How does Taylor feel in this situation?

Assess

2. What are Taylor's choices?

3. What factors may influence Taylor's decision? **Refer to the Factors Influencing Decision-making infographic.**

Choose

4. What is the safest choice Taylor can make?
5. What are safe and healthy coping strategies to use in this situation?

Evaluate

6. How could the choice to use alcohol as a coping strategy impact Taylor or others?
7. How could consuming this substance affect Taylor?